CLAIMS

A gliding board, including:

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- an injected polyurethane foam core;
- lateral reinforcing elements (13, 14), which form some or all of the edges of the board;
- at least one internal reinforcement (1), which is in the form of a solid layer;
- two outer layers, of which the lower layer forms the gliding surface (11) and the upper layer forms the protective layer (23),

wherein the internal reinforcement (1) rests on recesses (16) which are provided for this purpose in each of the lateral reinforcing elements (13, 14), said internal reinforcement having notches (2, 3) on its

- side profiles so that, level with said notches, the injected core passes through it in order to at least partially occupy the volume (21) defined between the internal reinforcement (1) and at least one of the two outer layers (23).
- 20 2. The gliding board as claimed in claim 1, wherein the core at least partially occupies the volume defined between the internal reinforcement and the protective upper layer.
 - 3. The gliding board as claimed in claim 1, wherein the core at least partially occupies the volume defined between the internal reinforcement and the

lower layer that forms the gliding surface.

- 4. The gliding board as claimed in claim 1, wherein the notches (2, 3) made in the internal reinforcement
- 30 (1) are longitudinally offset from one side of said reinforcement to the other.
 - 5. The gliding board as claimed in claim 1, wherein the internal reinforcement rests on a recess that forms a shoulder made in the upper part of the lateral reinforcing element.
 - 6. The gliding board as claimed in claim 1, wherein the internal reinforcement is immobilized by a recess that forms a shoulder made in the lower part of the reinforcing element.

- 7. The gliding board as claimed in claim 1, wherein the internal reinforcement rests in a groove-shaped recess (3, 6) made on the inner face of the reinforcing lateral element.
- 5 8. The gliding board as claimed in claim 5, wherein the protective upper layer (23) rests at least partly on the internal reinforcement at the level of the lateral reinforcing elements (13, 14).
 - 9. The gliding board as claimed in claim 1, wherein the internal reinforcement is based on a laminated fiber material.
 - 10. The gliding board as claimed in claim 1, wherein the internal reinforcement is based on a metallic material.
- 15 11. A method for manufacture by injection/molding of a gliding board that includes lateral reinforcing elements, which form some or all of the edges of the board, outer layers and at lest one internal reinforcement, said method involving a step of in-situ
- injecting components that chemically react to produce a foam, which expands with a view to forming the core of the board, wherein the internal reinforcement is immobilized in recesses, made for this purpose in the lateral reinforcing elements, when the various
- constituent elements of the board are being fitted in the mold, said internal reinforcement having lateral notches that establish communication between the volumes defined above and below said reinforcement so as to allow the foam to circulate as it expands during
- 30 the formation of the core.

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